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| **Core Knowledge Map** |
| Subject: PE | Year: 9 | Activity Area: Fitness |
| What are we learning? |
| Develop knowledge of the components of fitness, long term effects of exercise, methods of training and training zones |
| How will I be assessed  |
| Assessment is through the three strands of the PE curriculum A-Ability: B-Brain and C-Community. These assessments are carried out every lesson through observation of your level of fitness and ability to complete methods of training, group and targeted questioning and the demonstration of your confidence, evaluative skills and ability to cooperate with others.  |
| Big questions: |
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| I understand the importance of training zones for cardiovascular endurance | I can train for muscular strength using reps and sets | I can record my recovery rate taking my pulse |
| What is resistance training  | I know associated fitness tests for the components of fitness and can perform them with assistance | I can plan and undertake a personal exercise plan with assistance |
| I can train for muscular endurance using reps and sets |  |  |

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| How does this build on previous learning? | How will this link to my future learning? |
| Year 7 & 8 curriculum – * components of fitness
* short term effects of exercise
* Methods of training
 | * Knowledge of further components of fitness in PE
* Application of components of fitness in others areas of PE
* Knowledge of short term effects of exercise to understand how their body responds, what is normal and what this means for both performance and managing your body
* Ways to improve your fitness
* Reasons to exercise
* BTEC Sport Level 2 Unit 2 & 3
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| Core knowledge: | Key vocabulary: |
| Components of fitness – * Agility
* Muscular endurance
* Co-ordination

Long Term Effects of Exercise –* Increased strength
* Increased muscle mass
* Hypertrophy
* VO2 max

Methods of training – * Interval training
* Circuit training
* Fartlek training
* Weight training
* Progressive overload

Fitness Tests – * 12min cooper test
* Hand grip
* Illinois agility
* Sit and Reach
 | Reps and SetsHypertrophyProgressive overloadRest and recoveryAerobic and AnaerobicHeart rate  |
| Need more help? |
| Join fitness club all year round at lunch time or after school school free of charge with the PE department.ORCheck out this website for further information on  |